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Is Banning Meat Part of the Global Cabal's Plan to Control the Food Supply?

Meat has been a celebrated food staple since the dawn of mankind. Never has anyone needed to justify the eating of animal protein — until now.

By **Dr. Joseph Mercola**

22

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Story at a glance:

- Meat has been a celebrated food staple since the dawn of mankind. Never has anyone needed to justify the eating of animal protein — until now.
- According to the global cabal that is working toward a complete monopoly of the food supply, the eating of meat is at the core of manmade climate change and has to stop.
- In addition to calls for an outright ban on meat consumption, other coercive strategies have also been proposed, such as changing agricultural subsidies and trade laws, changing diets in hospitals and schools, adding warning labels, education (read, propaganda) and various taxes, including specific taxes on meat and more generalized carbon taxes.
- According to researchers at Oxford University, meat and dairy production are responsible for 60% of the greenhouse gas emissions produced by the agricultural sector. They also claim cattle use 83% of available farmland while delivering only 18% of calories and 37% of dietary protein.
- But environmental concerns cannot be the only consideration. Human health must also be considered, and researchers warn we know virtually nothing about the long-term health effects of cultured and plant-based meat alternatives. One recent investigation discovered that plant-based meats contain high amounts of antinutrients that prevent your body's absorption of minerals such as iron and zinc, which could result in problematic nutritional deficiencies.

Meat has been a celebrated food staple since the dawn of mankind.

Never has anyone needed to justify the eating of animal protein — until now. According to the globalist cabal that is working toward a complete monopoly of the food supply, the eating of meat is at the core of manmade climate change and must stop in order to "save the planet."

Back in September 2019, a British barrister (trial attorney) went so far as to call for new laws to ban the eating of meat to protect the environment, and as time goes on, this kind of insanity will likely only intensify.

As reported by The Guardian at the time:

> "The barrister Michael Mansfield has suggested that we should have new laws against ecocide — practices that destroy the planet — and that under them, meat could be targeted. 'I think when we look at the damage eating meat is doing to the planet, it is not preposterous to think that one day it will become illegal,' he said."

Aside from an outright ban on meat consumption, a number of other coercive strategies have also been proposed, such as changing agricultural subsidies and trade laws, changing diets in hospitals and schools, adding warning labels, education (read, propaganda) and implementing various taxes, including specific taxes on meat and more generalized carbon taxes.

Human health to be sacrificed for the environment

The Guardian cited research from Oxford University, published in the summer of 2018, which claimed meat and dairy production are responsible for 60% of the greenhouse gas emissions produced by the agricultural sector, and that cattle use 83% of available farmland while delivering only 18% of calories and 37% of dietary protein.

Environmental concerns cannot be the only consideration. Human health must also be taken into account, and researchers warn we know virtually nothing about the long-term health effects of cultured and plant-based meat alternatives.

But are environmental concerns the only valid factor in this equation? What about human health? Is it reasonable to intentionally doom all of humanity to poor health and low cognition just because a small power-hungry cabal claims food production has a detrimental climate impact?

Many of the activities pursued by these globalists have detrimental impacts on the environment, but you don't see them addressing those. Instead, they're going after food!

The most infuriating part of this debate is the fact that human and environmental health can be simultaneously optimized. If the global cabal really had good intentions, they'd incentivize farmers to transition to regenerative farming practices and holistic livestock management.

Problem solved. We'd have healthier, more nutrient-dense food and the environment would rapidly regenerate. Climate normalization would soon follow.

To learn more, see "Regenerative Food and Farming: Survival and Revival."

But no, regenerative farming is not even part of the discussion. It's being intentionally ignored, and that's how you know the globalists have no intention of solving an actual problem. Their intention is to control the food supply by making sure all foods are patentable and owned by them.

Study warns: meat ban would harm human health

On the other side of this debate, we have research showing that removing meat and dairy from the human diet would result in significant harm to health.

As reported by NutritionInsight in mid-April:

> "Among a growing body of research linking decreased meat consumption to various health benefits, a new study concludes that removing or reducing meat consumption from diets is risky as meat is a nutrient-dense food that 'continues to have a key role in human health and development.'
>
> "The researchers explain that meat offers a source of high-quality protein and nutrients that are not always easily obtained with meat-free diets and are often suboptimal or deficient in global populations.
>
> "'Animal-sourced foods are superior to plant-sourced foods at simultaneously supplying several bioavailable micronutrients and high-quality macronutrients critical for growth and cognitive development,' notes co-author Dr. Adegbola Adesogan, director of the University of Florida's Global Food Systems Institute.
>
> "Dietary recommendations to eliminate animal-source foods from diets ignore their importance."

Indeed, as noted in this paper, human anatomy, digestion and metabolism indicates that the human race is not only compatible with but also reliant upon relatively substantial meat intake, and disconnecting the entire population from our evolutionary dietary patterns raises rather than lowers the risk for nutrient deficiencies and chronic diseases.

Meat is more than the sum of individual nutrients

We already know that the preponderance of processed food in the Western diet is responsible for our current disease burden and removing one of the few remaining whole foods — meat — will undoubtedly only worsen the situation.

Specific nutrients found in meat that are not easily obtained in meat-free diets include B vitamins, especially vitamin B12, retinol, long-chain omega-3 fatty acids, iron and zinc in bioavailable forms, taurine, creatine and carnosine, all of which have important health functions.

As noted by the authors:

> "As a food matrix, meat is more than the sum of its individual nutrients. Moreover, within the diet matrix, it can serve as a keystone food in food-based dietary interventions to improve nutritional status, especially in regions that rely heavily on cereal staples.
>
> "Efforts to lower global meat intake for environmental or other reasons beyond a critical threshold may hinder progress towards reducing undernutrition and the effects this has on both physical and cognitive outcomes, and thereby stifle economic development …
>
> "Leaving aside the degree of negative impact that meat may have on a variety of factors that relate to human and planetary health … the purpose of the present article is to summarize the positive nutritional aspects of meat consumption.
>
> "The outlining, understanding, and weighing of such parameters will be required to enable a proper cost-benefit analysis of any food system transformation, and particularly those that wish to strongly reduce or even eliminate meat intake."

We have a manmade problem alright

We do have a manmade problem, but it's not climate change per se. The problem is that food production has been bastardized.

In an April 24, article in The Scotsman, columnist Philip Lymbery shares memories of a trip through Italy's agricultural valley.

While touring "pretty villages," "endless pastures and crop fields," he quickly realized that something was missing: Livestock. Not once did he see a farm animal anywhere. The picturesque pastures were all empty.

He writes:

> "Where were the cows producing milk for world-famous Parmesan or Grana Padano? Or the pigs renowned for Parma ham? Or the chickens producing eggs for Carbonara? What I discovered is that farmers in Italy's richest agricultural region had forgotten how to keep animals outside.
>
> "They simply had a blind spot. They couldn't see why it wasn't right to keep them cooped up indoors all day, every day. They couldn't see the irony of grass being grown then mowed and packed into bales to feed incarcerated cows.
>
> "They had lost sight of the fact that cows, pigs, and chickens like to feel fresh air and sunshine as much as we do. It put me in mind of something else Locatelli once said: 'It is better to have fantastic meat once a week than fill ourselves up every day with cheap, carelessly reared meat. We all have to get used to quality, not quantity.'"

Even foods advertised as being made from "grass-fed" cows, such as Italy's famous Parmigiano Reggiano Parmesan cheese, were raised indoors, Lymbery discovered.

Instead of letting the cows graze freely on all those pastures, cut grass is shoveled into darkened factories where hundreds of cows are cramped together.

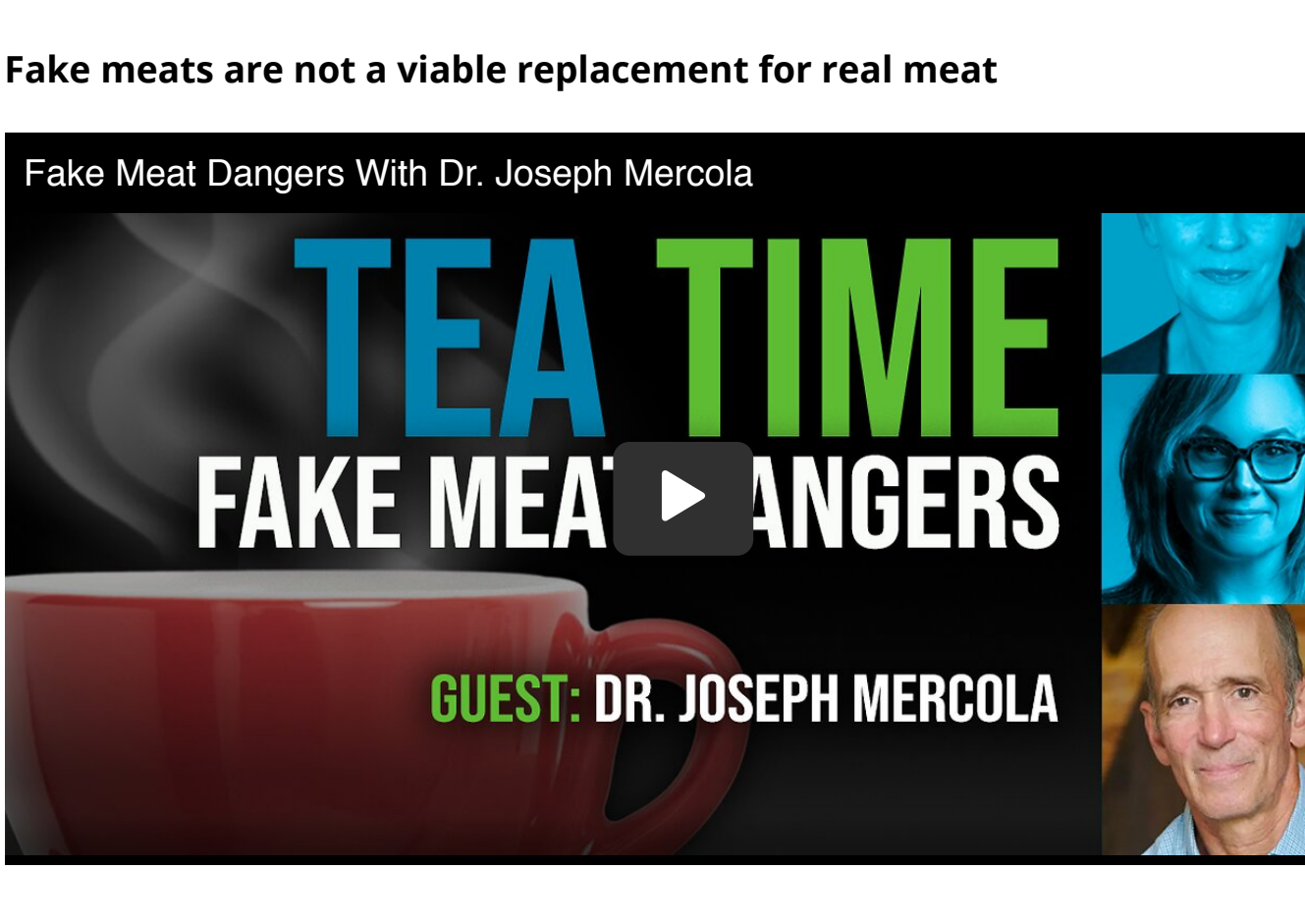
According to Lymbery, less than 1% of Italian farms that supply dairy for the production of Parmesan allowed cows to graze freely outdoors in 2016. (He asked the consortium that governs Parmesan manufacturing for updated 2023 statistics but received no reply.)

Instead, "zero grazing" is the norm. This is where cows are permanently kept indoors.

Another fact Lymbery discovered during his travels through Italy was that crop fields are primarily dedicated to growing animal feed, not human food. These kinds of practices are what's having a detrimental effect on the environment.

It's factory farming that is the problem, not farming or food production in general. As mentioned earlier, the solution is regenerative farming and holistic husbandry, Not more processed fake foods.

Fake meats are not a viable replacement for real meat


Fake Meat Dangers With Dr. Joseph Mercola
TEA TIME
FAKE MEAT DANGERS
GUEST: DR. JOSEPH MERCOLA

As detailed in "Red Meat Is Not a Health Risk," research has demonstrated that unprocessed red meat poses a very low risk for adverse health effects, if any. On the other hand, cultured meat operations are significant producers of CO2 emissions and plant-based meats have been shown to inhibit mineral absorption in humans.

Both of these meat alternatives are also ultra-processed, and may therefore cause the same kind of health deterioration as other processed foods.

Obesity, Type 2 diabetes, cardiovascular disease, cancer and depression are but a few examples of conditions known to be promoted and exacerbated by a processed food diet.

In December 2022, Swedish researchers warned that plant-based meat alternatives have very high phytate levels — antinutrients that inhibit the absorption of minerals in the human body.

As a result, while the meat substitute may appear to contain many of the necessary nutrients, such as iron, your body cannot absorb them. That plant-based meat alternatives may therefore result in health-robbing nutrient deficiencies is wholly predictable.

As reported by NutritionInsight:

> "The study, published in Nutrients, analyzed 44 meat substitutes sold in Swedish supermarkets, mainly made of soy and pea proteins. It also included fermented soy products of tempeh and mycoproteins — fungi.
>
> "'All products were high in iron and zinc content but low in bioavailability (except the tempeh and mycoprotein-based products). This means that the minerals pass through the gastrointestinal tract without being absorbed,' Ann-Sofie Sandberg, co-author of the study and professor of food and nutrition science at Chalmers University, tells NutritionInsight.
>
> "Sandberg details that the mycoproteins did not contain iron but relatively high amounts of zinc. Zinc absorption might be negatively influenced by the fungi cell walls, although it's yet unknown.
>
> "'Among these products, we saw a wide variation in nutritional content and how sustainable they can be from a health perspective. In general, the estimated absorption of iron and zinc from the products was extremely low,' says Cecilia Mayer Labba, lead author of the study …
>
> "Sandberg explains that the most available iron for absorption comes from meat and fish containing heme iron, which is very easily absorbed. 'Meat and fish also contain what is called 'the meat factor' — muscle tissues or amino acids — which stimulate the absorption of nonheme iron in the whole meal.
>
> "Thus, there are two reasons for animal protein being superior for iron absorption. Also, zinc absorption is stimulated by animal protein.'"

Executive order lays foundation for lab-created foods

Government leaders, however, appear wholly ignorant of the risks involved with a wholesale transition from real, whole food to processed and synthetic alternatives.

In September 2022, U.S. President Joe Biden signed an "Executive Order on Advancing Biotechnology and Biomanufacturing Innovation for a Sustainable, Safe and Secure American Bioeconomy," which paves the way for biotechnology to take over food production.

In late March, Biden further expanded on this premise in a "Bold Goals for U.S. Biotechnology and Biomanufacturing" report.

According to this plan, the food industry is to be led by biotech, and the "improvements" we can look forward to are more lab-grown meats and bioengineered plant foods. A similar plan is also detailed in the U.K.'s Genetic Technology and Precision Breeding Act of 2023.

Specific goals highlighted in Biden's "Bold Goals" report include reducing methane emissions from agriculture by 30% by 2030, in part by reducing methane emissions from ruminant livestock.

While Bill Gates is investing to develop methane-capturing face masks for cattle,

the easiest way to reduce emissions from livestock is to simply eliminate the animals altogether, and this, of course, means less real food.

Among the many problems with this plan is the fact that taxpayers will now be paying for the government's funding of private corporations involved in the fake food industry.

The end result is highly predictable. What we'll have is a repeat of what happened with farm subsidies.

Rather than subsidizing the most nutritious foods, government farm subsidies go almost exclusively to large monoculture farms growing genetically engineered corn, soy and other basic ingredients used in processed foods.

As a result, the processed food industry has grown on our dime while public health has deteriorated.

The same thing will happen here. Instead of investing in regenerative agriculture, the government is backing a whole new industry of fake foods, from lab-grown meats to large-scale insect production.

Meanwhile, safety data for plant-based meats, synthetic cultured meats and insect proteins are sorely lacking.

As just one example, a March Food Hazards Identification report by the British Food Standards Agency (FSA) and Food Standards Scotland stresses that there are "considerable gaps in knowledge" when it comes to cell-based meat production.

There are either little or no data at all on the toxicology, nutrition profiles, product stability, allergy risks, contamination risks and adverse effects of these products when consumed by humans.

Examples of potential hazards

Potential problem areas identified by the FSA include:

- Contaminated reagents, air or water baths.
- Poorly cleaned or maintained equipment.
- Failing to follow cleaning protocols when culturing cells.
- Failing to follow good laboratory practices and/or good manufacturing practices.
- Use of antibiotics, fungicides and/or chemicals that are toxic to humans in the production.
- Consumption of viruses used in the manufacturing process.
- Cross-contamination of one cell line into another due to concomitant use of multiple cell lines.
- Other cross-contamination risks, such as "poor maintenance of equipment, poor cleaning regimes, incorrect storage of cells, working with multiple cell lines in one area, using the wrong cells and incorrect labeling."
- New diseases and/or allergic reactions to new proteins due to using cell lines of animals not common in the local diet.
- Nutritional deficiencies, "as the nutrition profile could be different from what it is replacing."

As noted in the Food Hazards Identification report:

> "There are many stages of development for producing cultured meat … from taking a cell line from a small vial or biopsy and increasing the culture volume stepwise in stages (proliferation), until a commercial sized bioreactor can be seeded, to differentiating the cells to final desired cell type.
>
> "Then [they are] maturing them, usually on a scaffold, to increase the protein content, and then detaching/grinding the cells with/from their scaffold to produce a final product that can be used to make meat like cells. At each stage, different chemicals, biologics, media formulations, additives and supplements are used to ensure a successful culture."

Contamination can occur at any of these steps. Each additive also poses potential risks, both known and unknown, as various byproducts are created in the process.

In the video above, I review some of the many potential dangers associated with fake meats.

Considering the multistep processing cultivated meats undergo, it's simply not possible for it to be as safe as conventional meat, where the primary contamination risks are limited to slaughter, processing, packaging, distribution and storage.

With fake meats, hazardous contamination can occur at any point during manufacturing, in addition to these conventional "weak points."

Ultra-processed foods are anything but 'green'

Ultra-processed foods are also completely counterproductive to environmentally "green" and sustainable goals.

For example, ultra-processed foods already account for 17% to 39% of total diet-related energy use, 36% to 45% of total diet-related biodiversity loss and up to one-third of total diet-related greenhouse gas emissions.

So, how is expanding the manufacturing and consumption of even more ultra-processed foods going to lower greenhouse gas emissions?

As noted in a September 2022 Journal of Cleaner Production paper:

> "Ultra-processed foods are fundamentally unsustainable products; they have been associated with poor health and social outcomes and require finite environmental resources for their production … are responsible for significant diet-related energy, [and] greenhouse gas emissions."

And, for all the lip service paid to "equity," increasing consumption of processed foods will worsen economic inequalities, as it redirects money away from small farmers and independent homesteaders to transnational corporations that rely on underpaid workers.

Will beef be banned?

Crazy as it seems, there's every reason to suspect that a meat ban will eventually become reality. Personally, I don't think this will be done through laws banning the consumption of meat.

Rather, meat will simply be phased out as farmers are forced to limit herd sizes to comply with various restrictions on fertilizer use and limits on carbon emissions. Fake alternatives will then take their place, and over time, people will forget how to raise their own food.

At that point, humanity will be wholly captured and enslaved.

Be part of the solution

Ultimately, if we want to be free, and if we want food safety and food security, we must focus our efforts on building a decentralized system that connects communities with farmers who grow real food in sustainable ways and distribute that food locally.

Strategies that can get us there were covered in the Children's Health Defense's March 4, Attack on Food symposium (video above).

For example, Dr. John Day and Beverly Johannson shared tips on how to grow your own food and preserve the food you grow. Other helpful strategies include buying food from local farmers and farmer's markets and creating independent food hubs that cut out the middlemen.

The final session of the symposium dealt with larger societal solutions to fight back against the war on food. U.S. Rep. Thomas Massie highlighted core vulnerabilities in the U.S. food supply, which fell apart during the pandemic when farmers had to euthanize animals because they couldn't get them processed.

Four meatpackers control 85% of the meat that's processed in the U.S.

One of them is owned by China, one by Brazil and the other two are multinational corporations. Food prices are going up while farmers are going broke.

In 2017, Massie introduced the Processing Revival and Intrastate Meat Exemption (PRIME) Act, but the bill hasn't moved since its introduction in the House.

The PRIME Act would allow farmers to sell meat processed at smaller slaughtering facilities and allow states to set their own meat processing standards. Because small slaughterhouses do not have an inspector on staff — a requirement that only large facilities can easily fulfill — they're banned from selling their meat.

The PRIME Act would lift this regulation without sacrificing safety, as random U.S. Department of Agriculture inspections could still occur.

"If a farmer wants to sell pork, beef or lamb to a consumer, as long as that consumer and that farmer and that processor are all in the same state, they're not crossing state lines, they keep the federal government out of that transaction," he said.

Massie has also introduced legislation to protect access to raw milk (HR 4835, the Interstate Milk Freedom Act of 2021). The bill was introduced at the end of July 2021, as an amendment to the 2018 Farm bill. Contact your representatives and urge them to support these bills.

Originally published by Mercola.

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the views of Children's Health Defense.

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Dr. Joseph Mercola
Dr. Joseph Mercola is the founder of Mercola.com.

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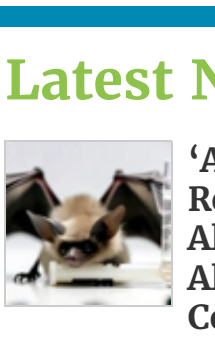
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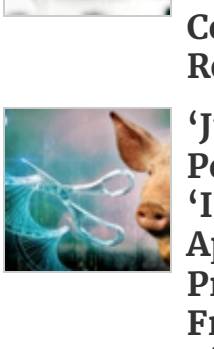
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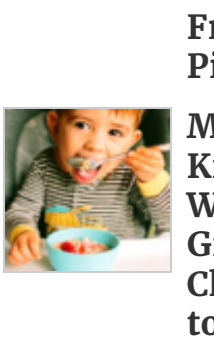
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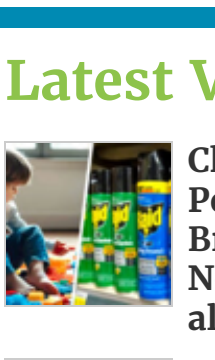
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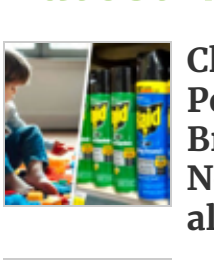
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Leslie Taylor
3 days ago edited

Plant-based eating is deeply rooted in three of the prominent religions – Hinduism, Jainism and Buddhism. All these religions believe in the concept of Ahimsa, which means kindness and non-violence towards all living things. Do you claim that these people are unhealthier than meat eating Americans who now are among the most unhealthy - most obese, drugged (1 in 4 women over 60 are taking antidepressants), sugar and alcohol addicted adults worldwide? Kennedy claimed data from the U.S. Department of Health and Human Services show that in the 1960s, about 6% of Americans had chronic diseases. In 1986, the percentage had grown to 11.8%, and in 2006 it reached 54%. I'm not suggesting that meat consumption is the cause although fast food burger and taco outlets probably don't help. It's funny, but a young, pierced and tattooed hispanic man who sent me images of the inhumane, horrific conditions that animals raised for meat consumption endure got me to quit eating meat. Animals are sentient, caring (some form lifelong bonds with their mates), some are quite intelligent and in some ways more intelligent than humans (as in telepathic and homing abilities). Other than pets, animals are terrified of humans and rightly so.

4 0 Reply • Share ›

drw22 ➔ Leslie Taylor
3 days ago

The two biggest things that are causing obesity are the mass consumption of seed oils and sugars in processed foods (especially high fructose corn syrup). People ate meat in the 1960s, but less seed oils and fake butter (margarine). There was less processed foods with the added sugars and bad oils.

Animals kill animals for food. That's natural for most people too.

2 0 Reply • Share ›

SYakoban ➔ Leslie Taylor
3 days ago edited

I was 100% plant-based for a long time, now pescatarian, but could switch back to plant based easily. I even visited a farm rescue where a calf chewed on my "eat kale" t-shirt.

Vegans are nut cases. Neither they nor this is about health or the planet. The stupid vegans argued for glyphosate and GMO's because they said organic farming used animal inputs. Mostly not true. GMO's and glyphosate kill nature through runoff so again, vegans are stupid nut cases.

Unfortunately, RFK jr. is bought into the fake narrative which has been heavily documented as a club of rome and WEF scheme to control the global population. Nothing more. A week or so ago thousands of emails were hacked and released (I believe in the UK) from scientists plotting to taint factual science to align with the global warming/greenhouse narrative - to keep their funding gravy train going.

1 0 Reply • Share ›

Renee Michel ➔ SYakoban
3 days ago

The buffalo were slaughtered with the idea that if you killed off the food supply, then the Native Americans would be controlled. The buffalo not only represented food, but tools, clothing, and shelter. Same with our livestock, we only eat a percentage of each animal and the rest is made into countless products that we ALL use. If we stop eating them, we will still need to slaughter them for the byproducts, how will that work out? I predict that we will see many everyday products become very expensive and in short supply. All of this is because of ignorance of our own economy and lifestyle.

1 0 Reply • Share ›

Kathleen Willey ➔ Renee Michel
2 days ago

We don't need anything from an animal but forgiveness. We forcibly breed, feed , raise and slaughter over 80 billion land animals on this planet every year. Once people start evolving into a more compassionate lifestyle, we will just stop breeding them into their miserable existence. There is plant equivalent of everything that comes from an animal. Millions of people live vegan lifestyles and are healthy 😀

0 0 Reply • Share ›

Kathleen Willey ➔ SYakoban
2 days ago

Wow. So sad that you are spewing hate towards people whose lifestyle is to be compassionate and cause the least amount of harm towards animals. I am not vegan because of a false narrative. I am vegan because I have educated myself and understand I have been conditioned since birth to think I need to eat animals. It is powerful meat and dairy propaganda and it makes Big Pharma happy too because eating too much meat and dairy causes a lot of disease. Read the China Study like I did please and watch What The Health, The Game Changers, Eating our way to Extinction, Milked, Earthlings etc….and please be kind.

0 0 Reply • Share ›

Beckie ➔ Leslie Taylor
2 days ago

But who knows if those in charge won't put a stop to plants as we know them. They are out to make a fortune on fake, GMO food. And as I recall in Agenda 21, there is some sort of banning of "tillage", so I don't know how successful growing your own food will be if that kicks in.

0 0 Reply • Share ›

Polly Green ➔ Leslie Taylor
3 days ago edited

I make the argument that the causality isn't from meat to antidepressants and illness but rather the common notion that drugs in general are the answer to health problems that cause the health problems to begin with. Gut dysbiosis begins in childhood with the first vaccines and rounds of antibiotics. We're so far down the road of chronic diseases that we have trouble following the gluten-free breadcrumbs back to normal function. A lack of high quality protein can cause many more problems than a lack of it can cure.

0 0 Reply • Share ›

Renee Michel ➔ Leslie Taylor
3 days ago

As only one historic example, Native Americans living on the plains hunted buffalo and their lives centered on all of the things they could make with the entire animal. Clothing, tools, and shelter all came from the buffalo. The U.S. government sought to wipe these people out by killing all of the buffalo and thereby starving the people and ending their self-reliance.
Is that the agenda now?
Because, what you wrote above has nothing to do with eating meat.
You mention sugar consumption - that is not the topic.
You mention alcohol and drug addiction - that is not the topic.
You mention the horrible factory farming that goes on - this should be changed.
What has that to do with people eating meat and using every part of the animal for products?
Anyone who has lived on a small farm and raised livestock knows that the farmer loves and respects the animals. The problem is the factory farms that are just big profit making machines that do not respect the animals they harvest. That is the problem. The use of antibiotics and hormones to grow the animals large and fast for $$$.
That is where the focus needs to be on this subject. Domesticated livestock has been part of our civilization for thousands of years and we obtain many needed nutrients from them.
We, as critically thinking people, will not eat bugs or make someone rich eating their lab grown garbage.

0 1 Reply • Share ›

Kathleen Willey
2 days ago

This is not a globalist agenda. It is the reality of what is happening to our natural resources. So tired of people saying when you are not eating real animal flesh that it is unhealthy processed food. That is clever marketing from the meat and dairy industry that have the same lobbyists that worked for the tobacco industry. Fake meats are a transition food that most healthy vegans do not eat. Nobody needs to eat animals the live. Dairy is pure propaganda and unhealthy for human consumption. Aprox 70% of the global population is lactose intolerant- it is a natural process that you lose the enzyme to digest lactose after breast feeding because you do not need to breast feed after infancy. That is what dairy is - breast milk from a mother cow who was forcibly impregnated in what the industry calls "the rape rack" and then had her baby taken away at a day or 2 old to be killed right away or if female , after they have also tortured her for aprox 4 years before she is killed for cheap hamburger, so you can drink baby calf serum which is intended to make a baby calf grow very quickly into a 1000 pound animal. It is a sick and vile industry which has lobbyists almost as powerful as the Pharma lobbyists.
This whole industry is corrupt and cannot be trusted. 99% of the animals people eat in the US are from filthy , disease ridden factory farms where the animals are pumped full of drugs to fatten them up and keep them alive in horrific conditions they exist in. Don't trust the labels of the meat most people believe they are eating. Tags are easily switched as the

see more

2 0 Reply • Share ›

John Crocker
3 days ago

This article shows just how incredibly successful the globalists have become in their misinformation/confusion campaign. In an article and comments from a doctor and people I thought I could trust I see lies and confusion rampant. I am vegan, and healthily so. Talk around the 'alternative' 'vegan' consumption of fake meat adds to your own confusion and that of readers. Fake meat is quite clearly vegan junk food and should have no place in a sensible discussion or in the diet of someone who wants to be healthy. B12 has to be supplemented for all people, not just vegans, because it comes from the soils off which CAFO cows no longer eat. If the world ate as much meat as you Americans eat we would already need 4 planet Earths. And, didn't you notice, the depth of soil in your country's agricultural belt is now only a quarter of what it used to be, with a huge aquifer down below rapidly being drained to feed cattle and pigs. But, yes, I am a nut case - I eat plenty of them - loaded with protein, health-giving oils and nutrients. Which may be why, when I was supposed to have covid, (according to the highly questionable test) I was symptom free. I know that's anecdotal, not scientific data, but it's true for me!
And, btw, I used to eat everything, but gave up the meat, dairy etc when I read John Robbins's book 'Diet for a New America. He and his son have just finished broadcasting their 12th annual 'Food Revolution Summit - brilliant! CHD should get together with them. You need each other.

2 0 Reply • Share ›

mcwinaz
3 days ago edited

I won't read this article since I already know Mercola's stance on this. However, in just eye-balling some of it, this statement alone is ridiculous. " On the other side of this debate, we have research showing that removing meat and dairy from the human diet would result in significant harm to health. " The human body does NOT need another species milk to survive. IN fact, we are the only species to drink another species milk. It is probably one of the cruelest arenas in factory farming. Sorry, but don't agree w/this article on the supposed 'health benefits' of meat and dairy.

3 1 Reply • Share ›

Renee Michel ➔ mcwinaz
3 days ago

Milk is used in making butter, ghee, and cheese - and in baking and cooking many dishes. I am lactose intolerant and do not drink milk, but I cook with it, it has many uses. There are better ways to raise livestock and that is a much better way to focus our energies.

0 0 Reply • Share ›

drw22 ➔ mcwinaz
3 days ago

This is not all about milk. (And Mercola doesn't really push milk.) It's mostly about meat. Humanely raised and slaughtered animals is closer to what was the norm. It was only when big agricultural got into food production that it started to go downhill.

0 0 Reply • Share ›

Kathleen Willey ➔ drw22
2 days ago edited

How do you humanely kill a baby animal that doesn't want to die? All animals that are eaten for human consumption are killed anywhere from one day old to 2 years old. Years before their natural lifespan.
Please describe the "humane" way of slitting an animals throat, beating them in the head, gassing them or suffocating them?

0 0 Reply • Share ›

Polly Green
3 days ago

The move to decrease animal protein consumption won't result in more people combining plant proteins in an effective way, it will just be one more part of decreased food availability. This reminds me of a meme I saw in the first week of lockdown in 2020. It was Joe Stalin and the line was "Food is like dark humor. Not everyone gets it."

1 0 Reply • Share ›

Gary Brown
a day ago edited

May 29, 2019 The Real Story Behind Fake Meat

see more

0 0 Reply • Share ›

Naga
2 days ago

Well this is only for regular people. The elites will continue to eat meat, use fossil fuels, after all, Bill needs to fly his private jets. They just want to feed bugs to the rest of us, that is, those left that have not been killed off by bio-weapons. Technology is at a point, where they can control everything, experiment on people to try to figure out how THEY can live forever, which is what all this mRNA crap is really all about. Hey, they have billions to experiment on, and they're doing it. So, the question is: When is worldwide bastille day? It needs to come soon.

0 0 Reply • Share ›

Warren J Raftshol
3 days ago

Foundring is a genius. RFK Jr needs a good, funny songwriter for his campaign https://www.bitchute.com/vi...

0 0 Reply • Share ›

Susan Pockett
3 days ago

Why do you think it was so easy for the British raj to take over India? Hindus don't eat meat. Even Gandhi suggested at one point that if they started to, it would be much easier to throw out the Brits. He even tried a goat curry (but hated it so much that he reverted to passive resistance)!

0 0 Reply • Share ›

Renee Michel
3 days ago

I do not see any mention of the fact that we do not eat the animal in its entirety. Beef - we consume only about 60% the rest becomes a variety of products: https://carnivorestyle.com/...

What about the other 40%? How will these other products be made?

https://www.businessinsider...

Someone
reminded me that the way the Native Americans were decimated was by killing the buffalo - their source of food, but also tools, clothing, housing, and so much more. Is that what is happening? Because if you look up the information about pigs, you will discover similar facts - we eat only a certain percentage of the animal and the rest goes into making a great many products that we use everyday. Similar with chickens - but we eat a greater percentage of the chicken and we eat their eggs. None of this move to remove meat from our lives makes any sense - even if a person is vegan. Our livestock are integral to our lives.

I predict that as our livestock are removed, many products will become expensive and in short supply.It is just not about what we eat.

0 0 Reply • Share ›

drw22

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